

**American  
Red Cross**

**Prepare**SanDiego

**San Diego/Imperial Counties Chapter**

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**f** Facebook.com/SDRedcross

**t** Twitter.com/SDICRedcross

**YouTube** YouTube.com/SDICRedcross

**SDGE** *connected*

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Since you never know when an emergency may occur, it's best to always be prepared. Together with the *American Red Cross of San Diego/Imperial Counties*, we work to get information about emergency preparedness and safety into the hands of San Diegans. How prepared are you?

Connect with us at [sdge.com/beprepared](http://sdge.com/beprepared).





**American  
Red Cross**

**Prepare**SanDiego

Hello!

Congratulations—you're playing a big role in the quest to truly get our community prepared.

By participating today you are helping to facilitate a cultural shift in our region by making an emergency plan, building a disaster kit, or getting trained to effectively respond in a disaster or emergency situation.

With your help, our goal is to prepare ONE MILLION people in the San Diego region by 2017. This goal is a lofty one. But we can do it.

Thank you for taking **action** and be sure to visit **[www.preparesandiego.org](http://www.preparesandiego.org)**. Click on the "**Take Action Now**" button and tell us what additional steps you've taken to get prepared and share this information with your family, your friends, your neighbors, and co-workers so they can do the same.

We're all in this together. Thank you for taking the time to get prepared.

Your preparedness partner,  
American Red Cross

**Join the #PrepareSD movement on social media:**

 [facebook.com/SDRedCross](https://facebook.com/SDRedCross)

 [twitter.com/SDICRedCross](https://twitter.com/SDICRedCross)

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## YOU CAN MAKE A DIFFERENCE

Founded in 1898, the American Red Cross San Diego/Imperial Counties Chapter is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

To volunteer with the Red Cross, call 858-309-1200 or visit [www.redcross.org/sandiego](http://www.redcross.org/sandiego).

To make a donation call 858-309-1278.

**Preparedness:** Red Cross volunteers conduct disaster preparedness presentations, organize fire prevention neighborhood canvassing and work with community organizations, businesses, schools, and government agencies to build sustainable preparedness networks.

**Disaster Services:** Red Cross volunteers respond to a local emergency on average every 24 hours. Call 858-309-1200 for more information.

**Community Education:** The Red Cross offers training in first aid, CPR, aquatics, babysitting training and more. Sign up for a class today by calling toll-free 1-800-RED-CROSS.

**Service to the Armed Forces:** Caseworkers at our 24 hour call center transmit emergency messages between deployed military personnel and their families. Call 1-877-272-7337 to speak with a caseworker.

**Women, Infants & Children (WIC):** WIC provides nutrition education, breastfeeding counseling, and checks for healthy foods to pregnant women, infants, and children (up to age 5). Are you eligible for WIC? Call 1-800-500-6411 or visit [www.sandiegowic.org](http://www.sandiegowic.org).

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## Prepare San Diego

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Emergencies can strike quickly and without warning. This may force you to evacuate your neighborhood or be confined to your home. What would you do if your basic services—water, gas, electricity, or communications— were cut off?

Learn how to protect yourself and cope with disasters by planning ahead. Even with physical limitations, you can still prepare and protect yourself. Local officials and relief workers may not be able to quickly reach everyone. By preparing in advance with your support network; your family, neighbors, and friends, you can manage disasters. Knowing what to do is your responsibility. This booklet is a guide to help you prepare.

## Contents

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It's much easier to remain calm when you know what to do. Review the enclosed information with your team and fill-in your emergency plans along the way. Keep this helpful booklet in your emergency kit for quick reference. Take responsibility by planning now!

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# STEP 1: MAKE A PLAN

The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety. Prepare now for a sudden emergency and remember to review your plan regularly.

## Meet, discuss, plan & practice

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Meet with your family, friends and neighbors. Work as a team in your meeting and planning efforts. Assess your household needs. What personal liabilities and limitations may affect your response to a disaster? Discuss these concerns. Details are important to ensure your plan fits your needs. Practice your plan twice a year.

## Family communication plan

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- Carry family contact information in your wallet or purse, and also program the information into cell phones.
- Choose two out-of-town contact persons. After a disaster, it is often easier to make a long-distance call than a local call from a disaster area.
- Have three local contacts in your neighborhood who can assist you with evacuation procedures or check on your status.
- Include the numbers of those in your support network. Remember in some emergencies telephone lines might not be working.
- Consider having alternative plans for contacting those in your network.
- Consider taking a ham radio class. Ham radios are an alternative form of disaster communication.

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## Escape routes and meeting places

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- Plan the best and quickest escape routes out of your home and evacuation routes out of your neighborhood.
- Decide on a meeting place outside your home in case of a fire and a meeting place outside your neighborhood in case you cannot return home.

Meeting place outside your home: \_\_\_\_\_

Meeting place outside your neighborhood: \_\_\_\_\_

- If you or someone in your household uses a wheelchair, make sure all escape routes from your home are wheelchair accessible.
- Know the safe places within your home in case you need to shelter during extreme events (e.g., hazardous airborne agents or civil disturbance).

Place #1: \_\_\_\_\_

Place #2: \_\_\_\_\_

Place #3: \_\_\_\_\_

- Practice your escape drill every six months.

Practice Dates: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Plan for transportation if you need to evacuate to a shelter. Roads may not be accessible for vehicular traffic. Coordinate with your team to walk as a group to a shelter.

Team members: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Utilities

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Talk to your utility company about emergency procedures and know how and when to turn off water, gas, and electricity at the main switches or valves. Keep any tools you will need nearby.

Turn off the utilities only if you suspect a leak or if local officials instruct you to do so. (Note: If gas is turned off for any reason, only a qualified professional can turn it back on. It could take several weeks for a professional to respond. Heating and cooking would need alternative sources.)

Share this information with your family.

## Smoke and carbon monoxide ALARMS

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- Test your smoke alarms and carbon monoxide alarms regularly.
- Consider strobe or vibrating alert systems that might meet your needs.
- Change the batteries in all alarms at least once a year or according to the manufacturer's instructions.

## Vital records and documents

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Keep copies of vital family records and other important documents such as birth and marriage certificates, social security cards, passports, wills, deeds, financial insurance, and immunizations records in a safe location, such as fire safe or safety deposit box.



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## STEP 2: GET A KIT

Disasters can happen at any moment. Plan ahead as critical supplies such as food, water, and medicine may be unavailable for three days to two weeks. You should always have essential items in a disaster kit.

- For your safety and comfort, have a disaster supplies kit packed and ready in three places before a disaster hits: work, home, and car.
- Assemble enough supplies to last for at least three days, and up to two weeks. Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag, or in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment you would need, such as wheelchairs, canes or walkers, with your name, address and phone numbers.
- Keeping your kit up-to-date is also important. Check expiration dates on contents at least every six months and shift your stored supplies into everyday use before they expire.

### Every six months

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- Review your plan with your team.
- Check your disaster supplies kit and refresh all expiring items. (e.g. food, water, medications, and batteries)
- Conduct fire and emergency evacuation drills on a regular basis with your family to ensure that all of your plans work.

### At least once a year

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- Change all of the batteries in essential devices (e.g. smoke and carbon monoxide alarms) at the same time each year.

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Below are suggestions for building your disaster kit. However, please include additional items that you feel will be useful for your particular needs.

- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Battery-operated or hand cranked/solar powered radio
- Flashlight with extra batteries and bulbs (do not use candles)
- First aid kit and manual
- Sanitation and personal hygiene items
- Cell phone with an extra battery and charger
- Whistle (to attract the attention of emergency personnel)
- One change of clothing
- Blanket
- Manual can opener
- Multipurpose tool
- Photocopies of personal documents/identification in a fire-proof safety deposit box
- Insurance agent's name phone number and policy number
- Cash, in small denominations (ATMs may not be accessible)
- Items for children/infants (comfort item like a stuffed animal, or diapers, wipes, formula, baby food, etc.)
- Pet supplies (including food and vaccination records)
- Map of the local area
- Extra set of keys (car, house, etc.)
- Plastic garbage bags
- Family, friends, and neighbors emergency contact information
- Entertainment items (Puzzles, books, and cards)

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## Emergency medication list

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Name of Medication	Dosage and Frequency	Taken For	Prescribed By	Notes

Allergies	Pharmacy / Prescription Drug Plan

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## STEP 3: BE INFORMED

### Community disaster assessment

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What disasters threaten your region, your community, and your neighborhood? Make a list of how they might affect you. Think about both natural (e.g. flooding, fires, and earthquakes) and human-caused disasters (e.g. hazardous materials, transportation accidents) and about your risk from them.

- Do you live alone?
- Do you drive or own a car?
- How good is your sense of smell?
- Do you have any physical, medical, thinking, or learning limitations?
- Has your sense of hearing or vision decreased?
- Are you reliant upon any medical equipment?
- Are you reliant upon a caregiver?

### Community warning

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Know how local authorities will warn you of a pending or current disaster situation. Certain television and radio stations will broadcast emergency messages from local authorities. Find out which stations broadcast on the Emergency Alert System (EAS), such as KOGO AM 600.

### Local neighborhood emergency teams

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Connect with a group in your neighborhood. Some of these could include CERT (Community Emergency Response Team), neighborhood watch or faith-based organizations. Let them know your needs and ask how you can work together to prepare your neighborhood. The more you plan ahead with your team members and neighbors, the safer you will be.

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## People with access and functional needs

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### Plan for those with disabilities

Keep support items like wheelchairs and walkers in a designated place, so they can be found quickly. This step is essential for those who have home-health caregivers, particularly for those who are bed-bound.

Let family members, neighbors, and other support people know where the emergency kits, prescriptions, and extra equipment are stored for our loved ones with disability to ensure that our loved ones with disability can evacuate safely during an emergency or disaster.

### Hearing aids/cochlear implants

If you wear hearing aids or assistive devices, consider storing them in a bedside container that is attached to your nightstand using Velcro. Disasters may shift items that are not secured, making them difficult to find quickly.

### Senior living & assisted living communities

If you live in a senior community, become familiar with any disaster notification plans that may already exist. Talk to your community management or resident council about evacuation routes, emergency meeting places, and resident teams to assist during evacuations or to shelter in place.

### Home caregivers—special considerations

- Prepare a disaster supplies kit for any family members who cannot do so on their own. If this person receives home care, speak with the case manager to see what the agency's role would be in case of an emergency at home or if evacuation is needed.
- Develop home evacuation plans. Practice them every month in case of fire and other disasters. Enlist the assistance of family members.
- If your family member requires an uninterrupted power source for survival, find out what provisions are available in your area in case evacuation is needed.
- Know that you may be directed to a hospital or a medical support shelter. You will need to continue caring for that person during the emergency situation.

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# PETS AND DISASTERS

## Be prepared with a disaster plan

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The best way to prepare for disasters is to have a disaster plan. If you are a pet owner, that plan must include your pets. Being prepared can save their lives.

Each disaster requires a different response. If the disaster is something like a wildfire or a hazardous spill, you may need to evacuate your home. If you evacuate, take your pets. Leaving pets behind, even if you try to create a safe place for them, is likely to result in injury or loss of life.

## Have a safe place to take your pets

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When preparing your pet for evacuation, it is vitally important to bring medication for your pet and to ensure that it is secure and safe in a pet crate or container.

Plan ahead to:

- Shelter your pet with loved ones who live outside of the affected region.
- Check with your local veterinarian for sheltering possibilities.
- Contact hotels to find out if they will waive their “no-pet” policies during disasters.

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## Prepare a portable pet disaster supply kit

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Whether you are away from home for a day or a week, you will need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffel bags, covered trash containers, etc.).

Your pet disaster supply kit should include:

- Medications and medical records (stored in a waterproof container) and a first aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals cannot escape.
- Current photos of your pets in case they get lost.
- Food, portable water, bowls, pet waste bags, and can opener.
- Information on feeding schedules, medical conditions, and any behavioral problems.
- The name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds or toys, if easily transportable.

NOTE: We recommend that your pets are micro-chipped. This makes it easier for you to locate them in the event you are separated.

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## Be ready when a disaster strikes

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Often, disaster warnings are issued hours, even days in advance. At the first hint of disaster, act to protect your pets with the following tips:

- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars that are securely fastened and have up-to-date identification.
- Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area.
- You may not be home when the evacuation order comes. Work with your team members to create pet evacuation procedures. Find a trusted team member willing to take your pets and meet you at a prearranged location. This person should be:
  - » Comfortable with your pets.
  - » Know where your pets are likely to be.
  - » Have a key to your home and know where your pet disaster supplies kit is kept.
  - » If you use a pet-sitting service, they may be able to help, but discuss the possibility well in advance.

Planning and preparation will enable you to evacuate with your pets quickly and safely. Keep in mind that animals react differently under stress.

- Outside your home and in the car, keep dogs securely leashed.
- Transport cats in carriers.
- Don't leave pets unattended anywhere they can run off.
- Even the most trustworthy pets may panic, hide, try to escape, or bite and scratch.
- When you return home, give your pets time to settle back into their routines.
- Consult with your veterinarian if any behavioral problems persist.



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## Caring for birds in an emergency

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- Birds should be kept and transported in a secure travel cage or carrier. Do not let the birds out of the cage or carrier.
- Have a photo for identification and leg bands.
- If the carrier does not have a perch, line it with paper towels and change them frequently.
- Try to keep the carrier in a quiet area.
- Do not put water inside the carrier during transport. Instead, provide a few slices of fresh fruits and vegetables with high water content.
- In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside. During warm weather, carry a plant mister to mist the bird's feathers periodically.

## About other types of pets

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**Reptiles:** Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. If your snakes require frequent feeding, carry food with you. Take a water bowl large enough for soaking, as well as a heating pad. When transporting house lizards follow the same directions as for birds.

**Pocket pets:** Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers suitable for maintaining the animals while sheltered. Take bedding materials, food bowls, and water bottles.

**Livestock:** Take care to notify local authorities and emergency personnel of locations and the number of any livestock you cannot bring when evacuating.

## Additional resources

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### San Diego County Humane Society

[www.sdhumane.org](http://www.sdhumane.org)

### County of San Diego Animal Services

[www.sddac.com](http://www.sddac.com)

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# PREPARING FOR DISASTERS

## What you can do about earthquakes

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During an earthquake: Take cover where you are.

- If you are inside, stay inside. Most injuries occur from glass, brick and other materials falling from the outside of buildings.
- DROP, COVER, AND HOLD ON during the shaking.
- If a table or desk is not available to get under for safety, crouch next to a wall without bookcases or windows and cover your head and neck. Bookcases and windows are hazardous since bookcases may tip over and windows may shatter.
- If you cannot drop to the floor, stay where you are and cover your head.
- If you are in a wheelchair, lock the brake and cover your head.
- If you are in bed, stay there and cover your head with your pillow.

NOTE:

- You will also need to protect yourself if there are aftershocks. These smaller earthquakes can also cause damage and injury because buildings may have been weakened during the main earthquake. Their frequency, strength, and length of time after the original quake cannot be predicted.
  - » Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Each time you feel an aftershock, drop, cover and hold on.
- Expect and prepare for potential landslides or even a tsunami. Tsunamis are often generated by earthquakes.

## What you can do about house fires

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- If your smoke alarm goes off, get out immediately.
- Escape safely if you can.
- Once you are out, stay out! Do not go back inside a burning building for any reason.
- Call the fire department (911) from another location such as a neighbor's house.
- If you cannot use stairways, make special arrangements for help in advance (neighbor, manager, etc.).
- If exits are blocked, or if you are unable to get out, stay in the room with the door closed.
- Stay by the window near the floor and signal for help by hanging a sheet or cloth out the window and by MAKING NOISE (e.g. use a whistle or air horn).
- If there is a phone in the room or you have a cell phone, call the fire department. In a small scale disaster like a single house fire, medic alert systems can also be used.

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## What you can do about wildfires

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Wildfires often begin unnoticed. However, they spread quickly and every second counts.

### Preparing for a wildfire

- Post emergency phone numbers by every phone in your home.
- Make sure driveway entrances and your house number or address are clearly marked.
- Identify and maintain an adequate water source outside your home, such as a small pond, cistern, well or swimming pool.
- Set aside household items that can be used as fire tools: a rake, ax, hand saw or chain saw, bucket and shovel. You may need to fight small fires before emergency responders arrive.
- Select building materials and plants that resist fire.
- Regularly clean roofs and gutters.

### If there are reports of a wildfire in your area

- Be ready to leave at a moment's notice.
- Listen to local radio and television stations for updated emergency information.
- Always back your car into the garage or park it in an open space facing the direction of escape.
- Confine pets to one room so that you can find them if you need to evacuate quickly.
- Arrange for temporary housing at a friend or relative's home outside the threatened area.
- Listen and watch for air quality reports and health warnings about smoke.
- Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Use the recycle or re-circulate mode on the air conditioner in your home or car. If you do not have air conditioning and it is too hot to stay inside with closed windows, seek shelter elsewhere.
- When smoke levels are high, do not use anything that burns and adds to indoor air pollution, such as candles, fireplaces and gas stoves. Do not vacuum because it stirs up particles that are already inside your home.
- If you have asthma or another lung disease, follow your health care provider's advice and seek medical care if your symptoms worsen.

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## Immediately after a disaster

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- If the emergency occurs while you are at home, check for damage using a flashlight. DO NOT light matches or candles or turn on electrical switches.
- If you're away from home, do not return until officials say it is safe.
- Check for fires, chemical spills, and gas leaks.
- Shut off any damaged utilities.
- Check on your family members/loved ones, especially those who are elderly or have disabilities.
- Call your out-of-town contacts and let them know you are okay.
- Stay away from downed power lines.
- Do not drive through flooded roads.
- Monitor local broadcasts for information about where you can get disaster relief assistance.

## If electrical power is lost

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- DO NOT USE CANDLES. Use a flashlight or battery-operated lantern.
- Turn off or unplug all major appliances (e.g., stove, refrigerator, dryer.) They could be damaged by the electrical surge when the power is restored.
- Keep refrigerator and freezer doors closed as much as possible.

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## Sheltering in place

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In some emergencies, such as the release of airborne hazards, you will need to know how to seal a room for safety on a temporary basis. This is called, “sheltering in place.” In this situation, it is safer to remain indoors than to go outside.

- Stay in your home.
- Listen to instructions from emergency personnel over television or radio sources.
- Be prepared with additional food and water for up to fourteen days.

## Public shelters

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Relief organizations like the American Red Cross may open shelters if a disaster affects a large number of people or the emergency is expected to last several days.

Be prepared to go to a shelter if:

- Your area is without electrical power.
- Floodwater is rising.
- Your home has been severely damaged.
- Police or other local officials tell you to evacuate.

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## Services provided at a Red Cross shelter

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- Food and hydration
- Temporary shelter
- Basic first aid

All American Red Cross emergency services are provided free of charge to affected residents. To learn about Red Cross shelters that have been opened in your area, listen to your local media or visit [redcross.org/sandiego](http://redcross.org/sandiego).

NOTE: Pets are not allowed to stay in human shelters due to health concerns. Only service animals are permitted.

## Financial exploitations/scams

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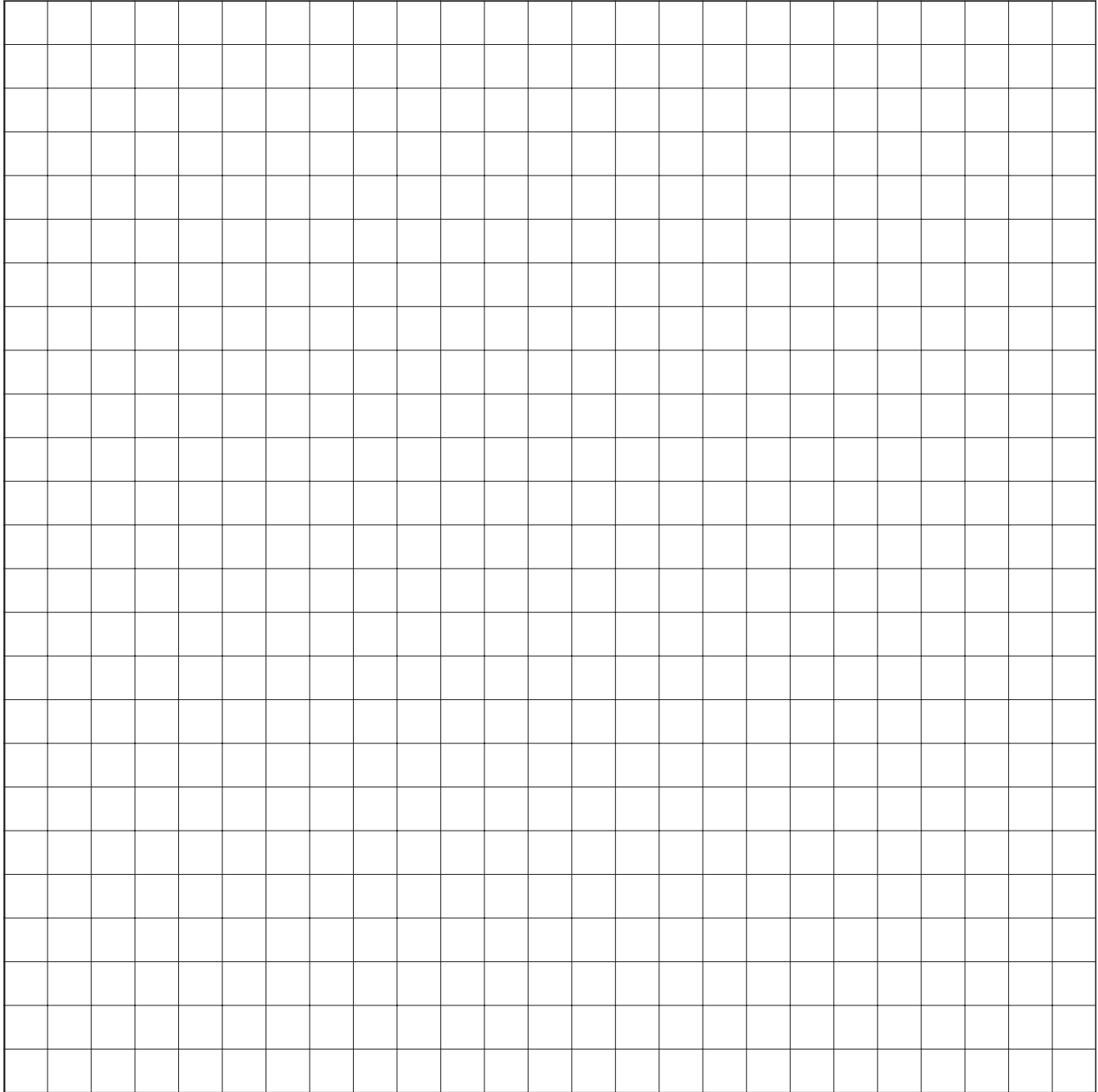
Unfortunately, after a disaster, there may be some people who will try to take advantage of your vulnerability. Beware of high-pressure sales disclosing personal financial information (account numbers and credit card information), and services provided with no written contract. For more information, go to [www.ftc.gov](http://www.ftc.gov).

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## Prepare San Diego Home Fire Escape Plan

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Use the graph to draw your home's floor plan and plot your home escape routes.



### **GET OUT, STAY OUT and CALL 911**

Practice. Make sure everyone knows where to meet outside.

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# YOUTH SERVICES

## Youth service starts with you

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Today, your involvement with the Red Cross is more important than ever. Young people like you are the future of the Red Cross Humanitarian movement. However, you are more than our future; you are capable of providing vital health and human services today. We can help you do just that with meaningful opportunities for training, community service, and peer-to-peer education.

## Red Cross clubs

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All service projects must fall under the mission of the American Red Cross. Red Cross youth can:

- Raise funds.
- Organize teddy bear and toy drives.
- Sell disaster kits.
- Host blood drives.
- Get trained on issues like disaster preparedness.
- Participate in wildfire brush clearing.
- Organize food and comfort kit drives.

Members also serve as mentors to peers and younger youth on disaster preparedness, substance abuse prevention, environmental awareness, and other major youth issues.



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## Youth volunteer opportunities

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The Red Cross believes youth have the potential to make a difference in huge ways. In our eyes, youth are a vital resource bringing energy, innovation, and inspiration to the American Red Cross. Our goal is to provide young people with meaningful opportunities for education, training, and volunteer/community service to remain a part of the Red Cross family throughout their lives. Youth ages 14-24 make up 35% of all Red Cross volunteers.

**Preparedness:** Youth organize activities in their local communities such as: fire prevention neighborhood canvassing; teaching preparedness to peers; and staff Red Cross information tables at community events.

**Disaster Services:** In the event of a major disaster, youth are trained to work in shelters and help those in need (ages 18+ only).

**Leadership Development:** Youth volunteers are active members of Red Cross Clubs. They also attend leadership development camps and participate on national Red Cross advisory boards.

**Health and Safety Services:** Through Red Cross babysitter training, water safety classes, and First Aid/CPR classes, youth learn about leading healthier, safer lives and serve as instructors, lifeguards, and peer educators.

**School-related activities:** Youth are involved in fund raising, organizing blood drives, and acting as advocates for disaster preparedness in their schools.

**Blood Services:** Youth ages 16 and up support the American Red Cross by hosting blood drives and donating blood. Youth realize that every 2 seconds, someone in the United States needs blood, so they help with blood drives by recruiting donors, arranging appointments, acting as escorts, and serving refreshments. They also assist with tissue and organ donor recruitment.

**International Services:** Youth volunteers are becoming global citizens by learning about International Humanitarian Law and raising awareness for the Red Cross' mission worldwide. Youth are encouraged to raise funds for Measles and Malaria Initiative vaccination campaigns and international disaster relief efforts.

**Services to the Armed Forces:** Youth support the armed forces by assembling care packages for thousands of U.S. military members separated from their families and by sending troops "Thank You" cards to show their appreciation.

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## Red Cross Youth Classes

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A wide variety of classes are available every day at the American Red Cross that can prepare you for an emergency at home, school, or work. Additionally, the American Red Cross is committed to providing youth and teens the training they need to get started in some of the best youth careers available.

## Babysitter Training Course

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American Red Cross babysitter training can provide the skills and confidence for youth to be great babysitters by sharing how to:

- Be a good leader and role model.
- Make well-informed decisions.
- Care for and understand children.
- Respond in an emergency.
- Perform basic child care and First Aid.
- Write a resume and interview for a job.

## Lifeguard Training Courses

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Are you age 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. It's a great way to demonstrate what you can offer. American Red Cross training makes learning fun and easy.

# ADDITIONAL RESOURCES

## Important contact information

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Police: \_\_\_\_\_ Fire Department: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Ambulance Agency: \_\_\_\_\_

Poison Control Center: 1-800-222-1222

## Emergency contact information

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Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Three Local Contacts:

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Two Out-of-Area Contacts:

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Family Meeting Place Outside Your Home:

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Family Meeting Place Outside Your Neighborhood:

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## Useful websites

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**American Red Cross San Diego/Imperial Counties Chapter** [www.redcross.org/sandiego](http://www.redcross.org/sandiego) and [www.preparesandiego.org](http://www.preparesandiego.org)

**Register during emergencies:** [www.redcross.org/safeandwell](http://www.redcross.org/safeandwell)

**Department of Homeland Security** [www.ready.gov](http://www.ready.gov)

**Federal Emergency Management Agency** [www.fema.gov](http://www.fema.gov)

**AARP** [www.aarp.org](http://www.aarp.org)

**San Diego County Office of Emergency Services** [www.readysandiego.org](http://www.readysandiego.org)

**State of California** [www.ca.gov](http://www.ca.gov)



**American  
Red Cross**

**Prepare**SanDiego

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

**San Diego/Imperial Counties Chapter**

3950 Calle Fortunada San Diego, CA 92123

**T** 858.309.1200 **F** 858.309.1289

[www.preparesandiego.org](http://www.preparesandiego.org)  
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